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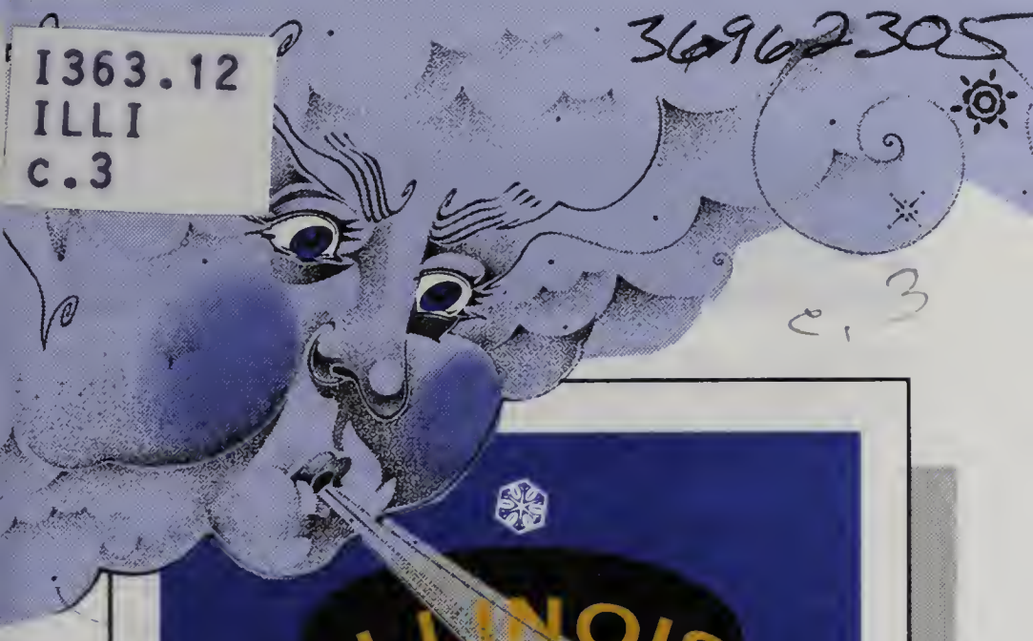

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ILLINOIS STATE POLICE

ILLINOIS DOCUMENTS
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Winter Survival

Jim Edgar, Governor
Terrance W. Gainer, Director
Gene P. Marlin, First Deputy Director

IF YOU MUST USE YOUR CAR DURING A STORM . . .

* Plan your travel, selecting both primary and alternate routes.

* Let someone know your travel routes and itinerary so that, if you don't arrive on time, officials will know where to search for you.

* Check latest weather information on your radio.

* Try not to travel alone - two or three people are preferable.

* Travel in convoy (with another vehicle) if possible.

* Drive carefully and defensively. Watch for ice patches on bridges and overpasses.

* If a storm begins to be too much for you to handle, seek refuge immediately.

* If your car should become disabled, stay with the vehicle, running your engine and heater for short intervals. Be sure to "crack" a window in the vehicle to avoid carbon monoxide build-up.

Reliable transportation is especially important in the winter. If you have a car, make sure it is ready for whatever winter may bring. Not only should your car be kept in top operating condition all year round - for safety and fuel economy, it is especially important to get it winterized to avoid any unpleasant or dangerous situation while traveling in frigid weather. The following should be checked:

ignition system	fuel system	brakes
exhaust system	wiper blades	snow tires
tire tread	defroster	proper grade oil
cooling system	battery	lights
antifreeze		

Always fill the gasoline tank before entering open country, even for a short distance, and stop to fill-up long before the tank begins to run low. Keeping your tank as full as possible will minimize condensation, providing the maximum advantage in case of trouble.

A Citizens Band (CB) radio and/or cellular phone can be very useful to you or another stranded motorist in case of an emergency.

BE ALERT TO FROSTBITE CONDITIONS

Exposed skin can freeze within one minute at wind-chill equivalent temperatures below -25 F.

Wind-Chill Equivalent Temperatures (F)

Calm Air	At 15 mph	At 30 mph	At 40 mph and over
30	9	-2	-6
20	-5	-18	-22
10	-18	-33	-38
0	-31	-49	-54
-10	-45	-64	-70
-20	-58	-78	-87

Frostbite affects the extremities, such as fingers and toes.

If a body part has been frostbitten once, it is more susceptible to frostbite again, even in milder conditions.

Redness and a burning sensation are indications frostbite will occur unless the extremity is warmed.

Numbness is an indication that frostbite has already taken place.

If frostbite is discovered, hold the affected part tightly against the warm skin on another part of the body; (for example place frozen fingers under arm).

When thoroughly warmed, keep covered and make an effort to keep area from freezing again.

HYPOTHERMIA

When the body begins to lose heat faster than it can produce it, a condition called hypothermia begins to develop. The symptoms become very apparent, and include:

uncontrollable shivering

vague, slow, slurred speech

memory lapses

incoherence

immobile, fumbling hands

frequent stumbling

lurching gait

drowsiness

apparent exhaustion

REGIONAL ROAD CONDITIONS

The Illinois State Police maintains public telephone numbers providing highway condition information from November 15 through March 31st. The numbers are as follows:

District		
1	**Sterling**	815/625-6015
2	**Elgin**	708/742-7642
Chicago		708/294-4450
5	**Joliet**	815/727-5471
6	**Pontiac**	815/842-4346
7	**Rock Island**	309/755-7011
8	**Peoria**	309/673-8245
9	**Springfield**	217/786-7610
10	**Pesotum**	217/352-6718
11	**Collinsville**	618/346-3636
12	**Effingham**	217/347-2719
13	**DuQuoin**	618/542-8432
14	**Macomb**	309/833-4613
15	**Oakbrook**	(Toll Roads) 708/241-6868
16	**Pecatonica**	815/962-7051
17	**LaSalle**	815/224-3030
18	**Litchfield**	217/324-3100
19	**Carmi**	618/382-8878
20	**Pittsfield**	217/285-5445
21	**Ashkum**	815/698-2112
22	**Ullin**	618/845-3744

COFFEE CAN SURVIVAL KIT . . .

Here's how to make your own:

2 or 3 pound coffee can (punch 3 holes at the top of

60-inch length of twine or heavy string (cut into 3 e

3 large safety pins (tie string to safety pins and pin

1 candle 2" diameter (place on lid under suspended

1 pocket knife, reasonably sharp (or substitute with

3 pieces of bright cloth 2" wide x 36" long (tie to a

Several packets of soup, hot chocolate, tea, bouillon
warmth and nutrition)

1 small package of:
peanuts (provides protein) & fruit-flavored candy (c

1 pair of athletic socks (cotton) and 1 pair of glove

2 packages of book matches

1 sun shield blanket or 2 large green or black plasti

1 pen light and batteries (keep separate)

When complete, place stocking cap over kit and ca
can, you will still have additional room for band-aid
the quantity of any of the above items or improvise
(rapid loss of body temperature) can happen to any

Stay in your car until help arrives!

To schedule a Traffic Safety program for your school or group please contact the Safety Education office at (217) 524-2525 or your Illinois State Police District Headquarters.

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, equal distance apart)

l pieces - used to suspend can)

ır roof interior to suspend can over candle)

for melting snow)

sors)

na or door handle)

ɔes, etc. (mixed into melted snow to provide

ge slices, jelly beans, etc.-avoid chocolate)

rs (cotton)

ıf bags (to reflect body heat)

in passenger compartment of car. If you have a 3 pound spirin, small radio, etc. If there is still room left, increase ns you feel might be necessary. Remember hypothermia

STATE POLICE DISTRICT OFFICES

District		EMERGENCY NUMBERS
1	**Sterling**	
	3107 East Lincolnway, 61081	815/625-0151
2	**Elgin**	
	777 South State St., 60123	847/742-3553
	District Chicago	
	9511 Harrison St., Des Plaines 60016	847/294-4444
5	**Lockport**	
	16648 S. Broadway St., 60441-9546	815/726-6291
6	**Pontiac**	
	P.O. Box 498, 61764	815/844-3131
7	**East Moline**	
	800 Hillcrest Road, 61244	309/752-4911
8	**Metamora**	
	Rt. 116 & Lourdes Drive, R.R. 2, 61548	309/676-2118
9	**Springfield**	
	I-55, Ex. 88, R.R. 11, P.O. Box 3726, 62707	217/786-7110
10	**Pesotum**	
	P.O. Box 110, 61863	217/265-0110
11	**Collinsville**	
	1100 Eastport Plaza, 62234	618/346-3830
12	**Effingham**	
	401 Industrial Ave. Suite A, 62401-2835	217/347-2677
13	**DuQuoin**	
	R.R. 2, Box 86, 62832	618/542-2400
14	**Macomb**	
	P.O. Box 483, 61455	309/833-2141
15	**Downers Grove**	
	One Authority Drive, 60515	708/571-2616
16	**Pecatonica**	
	16450 W. State Road, Box 194-1, 61063	815/963-7686
17	**LaSalle**	
	IL. Rt. 351 North, 61301	815/224-1150
18	**Litchfield**	
	R.R. 2 Box 8A, 62056-9401	217/324-2151
19	**Carmi**	
	1805 Hwy. 14 West, 62821	618/382-1911
20	**Pittsfield**	
	Box 32, 62363	217/285-4431
21	**Ashkum**	
	Junct. US Rt. 45/52 & IL. Rt. 116, 60911	815/698-2315
22	**Ullin**	
	Rt. 1, Box 20A, 62992-9706	618/845-3737

1 (800) 255-3323 (TDD)

1 (217) 782-1320 (voice)

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